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12-17-2010

# Campus News December 17, 2010

La Salle University

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**Nativity in the De La Salle Chapel**



**32<sup>nd</sup> Annual Grimes Lecture Series**  
**Psychology Department**

SAVE  
THE  
DATE

***"OUR 50-MINUTE HOUR IN THE  
NANOSECOND ERA"***



**Dr. Nicholas A. Cummings,  
Ph.D., Sc.D.**

Distinguished Professor, University of Nevada, Reno  
President, Cummings Foundation for Behavioral Health, Inc.  
Former President, American Psychological Association

**March 3, 2011**

7:30 p.m.

Reception at 6:00 p.m. in Ballroom

Dondero Award Recipient:

**Salvatore F. Catanzaro, Ph.D. ('82)**

Executive Associate Dean for Faculty and Administration  
Professor of Psychology  
Illinois State University



La Salle University    Union Building    Dan Rodden Theater  
1900 W. Olney Avenue  
Philadelphia, PA 19141

**Visitor Parking Available**



## Featured Photos

### *Christmas Reception in the Ballroom*



## General News

To: All Staff Members Participating in La Salle's Health Insurance Plan  
From: Dr. Margurete Walsh, Director of Human Resources  
Re: **Participation in a free pilot program – Health Improvement Opportunity Initiative – Phase II**



### A Health Improvement Opportunity for You

PAISIG is continually looking for ways to help you improve – or maintain – your health. As a wise person once said, “An ounce of prevention is worth a pound of cure.” Plus, we think it’s the right thing to do.

As a recap, PAISIG ran a Pilot Program in September for 125 members of the 12,000 person consortium aimed at reducing metabolic syndrome. Our pilot was very successful and was featured in a story that ran in the Philadelphia Inquirer and Los Angeles Times.

Some of the comments from the Pilot Program participants were:

- "Thanks for the opportunity to gain knowledge to last a lifetime."
- "It showed and taught me vital lessons in healthy eating and living."
- "I feel and look a lot better now than I did 9 weeks ago."

We’ve all heard that healthy eating, healthy weight management, and physical activity can help prevent heart disease, stroke, diabetes, many cancers, and other unpleasant health problems. But the precursors to these problems – collectively known as “metabolic syndrome” – are a silent epidemic that affects an estimated one in four adult Americans.

Through our pilot program with Naturally Slim, you have the opportunity to lose weight, feel better, and decrease your risk factors for metabolic syndrome.

### What is “Metabolic Syndrome?”

Metabolic syndrome is a collection of risk factors that dramatically increases your risk of developing heart disease, diabetes, depression, stroke, cancer, and a number of other unpleasant medical conditions. According to a national health survey, one out of every three working adults has metabolic syndrome. These five questions can tell you if you are at risk:

1. Blood pressure: Is yours 130/85 or higher?
2. HDL (good) cholesterol: Is your level less than 40 mg/dl (milligrams/deciliter) for men; less than 50 mg/dl for women?
3. Fasting blood glucose: Is your glucose level 100 mg/dl or higher?
4. Triglycerides: Is yours 150 mg/dl or higher?
5. Waistline: Does yours measure 40” or more for men; 35” or more for women (when measured across the belly button)?

*(continued on the next page)*

## General News

*(continued from the previous page)*

If you answered “yes” three or more times, you may have metabolic syndrome. People with metabolic syndrome have a significantly higher chance of developing a medical condition in the next several years.

#### How the Program Works

Naturally Slim focuses on the issue of metabolic syndrome and offers methods to help you create changes in your behavior. More specifically, it:

- Fights metabolic syndrome by focusing on weight loss and maintaining a healthy lifestyle.
- Enables you to develop a lifestyle of eating your favorite foods while still improving health and losing weight.
- Teaches you to identify personal eating habits, recognize the difference between true hunger and psychological hunger, understand how hydration habits influence hunger, and practice ways to minimize fat storage.
- Addresses how exercise, stress, and your environment affect weight loss.
- Includes 10 self-paced, online video sessions, as well as frequent correspondence and positive guidance from a personal health counselor over a 10-week period.

Phase II of the program will be rolled out with a start date of January 14<sup>th</sup>. The program is free but is a 10 week online program, so a commitment will be needed from people who apply. It is totally confidential; no one even needs to know if you are enrolling.

Interested staff should go to the webpage [www.naturallyslim.com/PAISIG](http://www.naturallyslim.com/PAISIG) and click "Enroll Now" to enter. This application is going to ask you about your Weight, Height, and other indicators to determine if you have Metabolic Syndrome. All of this information is encrypted and protected.

The 250 applicants who are accepted into the program will be contacted on January 19th and the 10 week online program will begin on February 7.

#### Important Dates to Remember!

- January 14: Deadline to complete the online application at [www.naturallyslim.com/PAISIG](http://www.naturallyslim.com/PAISIG)
- January 19: All applicants will be notified whether or not they are accepted.
- February 7: Online program begins for accepted applicants.



## WHO AM I?



**Mary Currie, Grounds Crew—Physical Facilities**

The following Lasallians correctly identified **Mary Currie**:

**Marie Cantwell  
Marian Golden  
Tara Millard  
Lane Neubauer  
Andrea Okagawa  
Carmen Vendelin**

*If you have a photo of yourself from the past and would like to be featured, please send it along with a clue to the above e-mail address or to **Campus News, Box 187**. All prints of photos will be scanned and returned.*

***NEXT January 21—ANOTHER “Who Am I?”***

## Meeting Minutes

### Faculty Senate Meeting

November 18, 2010

*Present:* Welsh, Price, Allen, Blum, Cichowicz, Texter, Yost, Mosca, Feden, Falcone, Volpe, Moreau, Smith, Desnoyers, McMonigle, McCoey, Balchunis, Dillon

*Excused:* McGuinness, Ruiz, Ballough

#### Approval of Minutes

The Minutes of the meeting of November 2, 2010 were approved by a vote of **13-0-5**.

#### Smoking Policy Review

Guests: Brother John Crawford, Marjorie Allen, Dina Oleksiak, Lane Neubauer and Mary Wilby

Discussion involved issues concerning the revision of the smoking policy. It was suggested that the policy is designed for the good of all on campus; the spirit of the policy is not punitive but positive.

The Senate endorsed the new policy: **16-1-1**.

#### Appeals Process Update for Third Year Review

Mike Smith reported from the Academic and Faculty Affairs Committee on the progress to create an appeals process for the Third Year Review. Discussion involved the uniqueness of this appeal's process relative to the two processes outlined in the Handbook for promotion and tenure. Various issues related to the right to appeal and the candidate's confidentiality and timing of the process were considered.

**FAP** suggested that budget priorities be placed on the agenda for the December 7 meeting.

The meeting was adjourned at 1:50 p.m.

Respectfully Submitted,  
Mary Ellen A. McMonigle, *Secretary*



## Meeting Minutes

### Health Advisory Committee Meeting

November 5, 2010

*Present:* Co-Chairs: Lane Neubauer & Dina Oleksiak; Members: Marjorie Allen, Br. John Crawford, Matt Gionta, Mike Gilbert, Greg O'Shea, Mary Wilby; *Guest:* Kathryn Owsianiecki,

*Absent:* Mark Badstubner, Lindsay Cicchino, Kate Cook, Jeff Lyons, Lexi Major, Vanessa Ocasio,

#### I. Smoking Proposal Updates

- a. Faculty Senate voted to support the HAC's Smoking Proposal to move towards designated smoking areas. Faculty Senate minutes from November 18 has this vote documented.
- b. RSA submitted a letter (Dec. 3, 2010) supporting a "stricter smoking policy" implemented in three phases as written in the Proposal. RSA is in full support of the first phase (Main and West Campus designated smoking areas). However, they recommend more discussion as to where designated smoking areas should be when phase two and three are implemented in the residence hall areas.
- c. Mary Wilby reported that the School of Nursing and Health Sciences (via the Dean) is in full support of the recommended designated smoking areas, which moves smoking away from Benilde entrances.
- d. Security and Safety (via Art Grover) submitted a letter supporting the "merit of restricting smoking on campus." The letter, however, expressed reservations if enforcement fell solely onto the Security and Safety staff. The HAC feels strongly that enforcement needs to be everyone's responsibility and not just the responsibility of one department. The proposal reads as follows:
  - i. *"Everyone needs to be responsible for enforcement but in particular, Administrators, Directors, Security & Safety, and Student Staff would need to hold violators responsible. Warnings can be given initially with progressive discipline in cases of repeat offenders. Student repeat offenders would be reported to the Division of Student Affairs. Employees would be reported to Human Resources who in turn would bring it to the attention of the Department Head."*
  - ii. In the HAC's research of other schools who have successfully implemented a "smoke free" environment and/or designated smoking areas, the need for enforcement has not been a major problem if the University community is given enough notice of impending changes, the policy change is promoted from a positive "public health" perspective as opposed to punitively, and signage is prominent ( i.e. "This is a smoke free area," etc.).
- e. Food Services has its own "designated smoking area policy" for its employees. The Health Advisory Committee will work with Food Services to incorporate their 'designated smoking areas' into the overall policy recommendations.
- f. Community Development Advisory Board (CDAB) submitted a letter of support for the HAC's smoking proposal. In part, their letter reads as follows:
  - i. *"The Board fully supports additional limitations for smoking and the current three phase plan approaches this change in a prudent manner.... We urge all parts of the University to work together to promote a healthy and safe campus community."*
- g. Matt Gionta reported that Athletics has its own smoking policy which limits smoking around playing fields and the stadium. Matt will present the HAC's proposal to the Senior Administrators in Athletics for feedback and with the goal of incorporating the two policies together.
- h. The Peer Educators and the Public Health Nursing Students staffed tables in the Union in support of the Great American Smokeout. As part of this initiative, they created a petition supporting "designated smoking areas" at La Salle. Over 200 Lasallians signed this petition in the three days it was available.

- II. A faculty member sent an e-mail to the HAC Co-Chair asking that the committee look into **"air quality" in Wister Hall**. The faculty member accompanied the email with photos of paint peeling and cracked tiles and stated that she was experiencing respiratory symptoms whenever she spent long periods of time in Wister. Mike Gilbert took the e-mail and will bring it to the attention of Bob Kroh to see if these complaints have merit.
- III. The HAC discussed the **"Health Advisory" alert that went out before Thanksgiving about the student who was hospitalized for possible "meningitis."** It was noted that the text message alert directed individuals to check the portal for more information, but that since it came out late in the day, several staff/faculty were not at work and didn't have access to their computers. It was suggested that the next time, messages could be placed both on the portal as well as on the "x1910" phone line (similar to snow emergency messages).
- IV. The HAC reviewed the various tasks associated with the **Spring Health Fair** and which member is responsible for each task.
- V. Words of **thanks and gratitude were given to Greg O'Shea** for his work on the committee these past several years. The HAC members wished him success as he leaves La Salle to move onto a new career opportunity.
- VI. The **next meeting** will be scheduled when everyone returns in January.

Respectfully submitted by  
Lane B. Neubauer Ph.D., Co-Chair



## Upcoming Home Games December 17 – January 15

### Women's Basketball @ Tom Gola Arena

Sun., Dec. 19	Rider	2:00 p.m.
Sat., Jan. 15	Saint Louis	2:00 p.m.

### Men's Basketball @ Tom Gola Arena

Fri., Dec. 17	Bucknell	7:00 p.m.
Wed., Dec. 22	Rider	7:00 p.m.
Wed., Dec. 29	Towson	7:00 p.m.
Sun., Jan. 2	Binghamton	2:00 p.m.
Sat., Jan. 8	Richmond	4:00 p.m.
Wed., Jan. 12	Penn	7:00 p.m.

# GO EXPLORERS!



Athletic News



**Admission  
Is Free**

**Men's Basketball  
vs.  
Richmond  
Sat. January 8  
4 p.m.  
Tom Gola Arena**

## Employment

### Staff Accountant

The Office of Finance and Administration is currently seeking a Staff Accountant. The Staff Accountant is responsible for the proper recording and monitoring of transactions in the financial accounting system, complex reconciliations to include, but not limited to, general ledger and budget data, detailed/subsidiary account data, making corrective entries based on analyses, providing timely analyses of financial information, and preparing schedules and other related financial data for the University.

The Staff Accountant is responsible for assisting in the closing and reconciliation of the University's financial systems and preparing schedules and analyses for auditors. The Staff Accountant is responsible for preparing and posting routine to complex journal entries, including recurring and non-recurring entries. This includes, but is not limited to, researching general ledger account discrepancies, processing appropriate transactions, and following up to ensure proper resolution.

The position requires effective communication skills, ability to effectively analyze complex accounting data, proficiency in Microsoft Office or similar desktop software, and the ability to meet deadlines and work in a fast-paced environment. This position offers a full benefits package, including tuition remission.

Applicants should either have a B.S. in Accounting, or be in the process of attaining same. Applicants should also have at least one to three years of related experience and/or similar responsibilities, preferably in a private college or university setting.

To apply, send cover letter, résumé, salary requirements, and three (3) references to the following:

**Brian McCloskey**  
Controller  
La Salle University  
1900 W. Olney Ave.  
Philadelphia, PA  
[mccloskeyb@lasalle.edu](mailto:mccloskeyb@lasalle.edu)

AA/EOE

*La Salle University is a Roman Catholic university in the tradition of the De La Salle Christian Brothers and welcomes applicants from all backgrounds who can contribute to our unique educational mission. For a complete mission statement, please visit our website at [www.lasalle.edu](http://www.lasalle.edu).*



## Procedures for Submitting Items for Inclusion in the Campus News

All information for the General, Academic, Minutes, or Athletic sections— with or without graphics and photos—must be submitted electronically either:

- via the “Submit an item” form in the Media and Publications channel on the News and Media tab of the portal,
- via e-mail to the [campusnews@lasalle.edu](mailto:campusnews@lasalle.edu). (The article title must be included in the subject line of the e-mail), or
- via CD sent to Campus News, Box 187.

Submissions can be sent with graphics and photos laid out with the text or sent with the text and graphics separately. Please submit flyers and circulars as attachments in Microsoft ®Word or as PDF files. Please submit photos as JPEG files.

Letterhead or logos with submissions must conform to the approved standards explained and illustrated in the *Brand Book* published and distributed by University Communications.

All photos and graphics (clip art, logos other than La Salle’s) must have their owners’ permission to be reproduced. If you submit them with your information, you are responsible for gaining this permission.

All employment listings must be submitted first to Human Resources for approval (for more information, contact Gregory O’Shea at 215.951.1354).

**The next issue of *Campus News* appears Wednesday, January 12, 2010.**

### **Deadlines for Submission**

- General News, Meeting Minutes, Events, and Other News: Monday, **January 10 at 4 p.m.**
- New Positions of Employment at La Salle University: Friday, **January 7 at 2 p.m.**

***Campus News* will assume its regular Friday publication on January 21, 2010.**

***BEST WISHES FOR A BLESSED CHRISTMAS and HEALTHY, HAPPY NEW YEAR!***